

May 2023

# The Titusian



## May Celebrations and More

**OLDER  
AMERICANS  
MONTH**



AGING UNBOUND: MAY 2023

**Church Directory**

**UPDATE**



**Vestry**

*Sweeps Workshop Retreat*

**Upcoming  
EVENTS**



*London Study Abroad*



**Around the  
parish**



*Rector Search Update*

St. Titus' is a diverse and growing community committed to walking with Christ by serving others, pursuing justice and welcoming all.

The Titusian News Digest of St. Titus' Episcopal Church — April 2023

# OLDER AMERICANS MONTH



**AGING UNBOUND: MAY 2023**

Every year, May is recognized as Older Americans Month in the United States which is led by the Federal Administration for Community Living. This is a time to celebrate the contributions and achievements of older adults in our communities. According to the [Administration for Community Living](#), this year's theme is "Aging Unbound," which highlights the limitless possibilities of aging and the potential for continued growth, exploration, and creativity.

Older adults have faced many challenges in recent years, including the COVID-19 pandemic, social isolation, and economic instability. However, they have also shown remarkable resilience and resourcefulness. They have adapted to new technologies and methods of communication, found creative solutions to problems, and remained engaged and active in the community. During Older Americans Month, we recognize and honor the many ways that older adults contribute to society. They bring a wealth of experience, knowledge, and wisdom that can benefit people of all ages. Many continue to work, volunteer, and engage in civic activities, making a positive impact in their communities.

This May, we encourage everyone to get involved and show support for older adults. We can reach out to older adults in our communities and offer assistance or companionship. We can volunteer with organizations that support older adults, donate to causes that benefit them, or advocate for policies that address their unique needs.

With the theme of "**Aging Unbound**," we recognize the resilience and potential of older adults and work to ensure that they are supported and empowered in our communities.

## Tips for Aging Well

It could eventually be easy to forget to take care of yourself when you are surrounded by people who need you the most. However, it is essential to remember the one thing that needs you the most is yourself – mind, body, and spirit.

There are many contributing factors that go into maintaining your health, such as eating healthy, making sleep a priority, focusing on your strengths, and making sure you are staying active.

Eating healthy may be difficult to maintain but one of the most important things you can do for yourself is consume foods that will benefit you. Incorporating healthy eating habits can help you when it comes to preventing diseases, such as heart disease and type 2 diabetes. As you form new healthy eating habits, you may notice an increase in energy, a boost in your immunity, and numerous other benefits.

Healthy aging not only means adopting a balanced diet, but it could also mean staying active. Staying active can have a variety of meanings. It can be as easy as walking around your block two or three times a day, starting a garden, or completing a few simple stretches. All of this and more can be super helpful in the long run.

Staying active is not only beneficial when it comes to maintaining your physical health, but it can be beneficial to your mental health as well. According to the [National Institute on Aging](#), you will likely notice reduced anxiety levels, enhanced sleep, and decreased doctor visits. It is never too late to start healthy behavior changes to be able to live more independently.

<https://mysourcewise.com/tips-for-aging-well/>





**For the past three months, I have been studying abroad in London!**

**I took classes ranging from communications, gender and women's studies, pop culture, and European politics.**

**I navigated London alone and lived in an apartment with roommates.**

**Throughout my time abroad, I explored London and other parts of Europe.**

**I visited Brighton, Bath, and Oxford. I also visited Stonehenge!**

**During my spring break, I had the opportunity to visit Berlin and Paris, both places I have been wanting to travel to for so long.**

**When I wasn't studying, I visited comedy shows and museums and explored my neighborhood in London.**

**Thank you for everyone's prayers and financial support;**

**I will remember these experiences forever! Thank you,**

**Genevieve Farges**





## The Meanest Mother in the World – or Was She?

We had the meanest mother in the whole world! While other kids ate candy for breakfast, we had to have cereal, eggs, and toast. When others had a Pepsi and a Twinkie for lunch, we had to eat sandwiches. And you can guess our mother fixed us a dinner that was different from other kids had, too.

Mother insisted on knowing where we were at all times. You'd think we were convicts in a prison. She had to know who our friends were, and what we were doing with them. She insisted that if we said we would be gone for an hour, we would be gone for an hour or less.

We were ashamed to admit it, but she had the nerve to break the Child Labor Laws by making us work. We had to wash the dishes, make the beds, learn to cook, vacuum the floor, do laundry, and all sorts of cruel jobs. I think she would lie awake at night thinking of more things for us to do. She always insisted on us telling the truth, the whole truth, and nothing but the truth.

By the time we were teenagers, she could read our minds. Then, life was really tough! Mother wouldn't let our friends just honk the horn when they drove up. They had to come up to the door so she could meet them. While everyone else could date when they were 12 or 13, we had to wait until we were 16.

Because of our mother, we missed out on lots of things other kids experienced. None of us have ever been caught shoplifting, vandalizing other's property, or ever arrested for any crime. It was all her fault. We never got drunk, took up smoking, stayed out all night, or a million other things, other kids did. Sundays were reserved for church, and we never missed once. We knew better than to ask to spend the night with a friend on Saturdays. Now that we have left home, we are all God-fearing, educated, honest adults. We are doing our best to be mean parents just like Mom was. I think that's what is wrong with the world today. It just doesn't have enough mean moms anymore.

Source unknown

### A Mother's Love By Carol Matthews

A mother loves right from the start, She holds her baby close to her heart. The bond that grows will never falter, Her love is so strong it will never alter.

A mother gives never ending love, She never feels that she has given enough. For you she will always do her best, Constantly working, there's no time to rest.

A mother is there when things go wrong, A hug and a kiss to help us along. Always there when we need her near,

Gently wipes our eyes when we shed a tear.

A mother's prayer means so very much, Believing in God and his gentle touch. Keeping you safe both day and night, Your mother's prayer will time it just right.

So on this day shower your mother with love, Gifts and presents are nice but that is not enough. Give your mother a day to have some peace of mind,

Be gentle, be good, be helpful, be kind



# ST. TITUS' EPISCOPAL CHURCH LEADERSHIP WORKSHOP and VESTRY MEETING

## APRIL 22, 2023-10 am to 2 pm

**PRESENT** - Vickie Miller, Robyn Furges (attended part of the meeting), Cheryl Myers, Lionell Parker, Keith Bishop, Sarah Woodard, Kenneth Valentine, Mary Hawkins, Gloria Drew, Alicia Alexis, Rev. Hector Sintim (Workshop leader).

**Absent:** Paula Drew-Estes, Chuck Hennessee

### AGENDA FOR THE DAY

**OPEN PRAYER** - Fr. Hector Sintim

#### THE EGG REFLECTION—

- Action and Uses of an Egg
- When an egg falls, it cannot be put back together
- An egg is still an egg no matter the various perspectives
- We need to love and respect a person's approach to life and situations
- Together we can build a solid foundation
- With a few, the system is strained, together we build a solid foundation
- Ubuntu is an African concept that means, you are because I am.

#### VISION AND MISSION OF THE CHURCH

- You should be able to state your vision in one simple sentence
- Vision is the future, the future is today
- You need to rewrite your vision and mission statement
- St. Titus' has a bright future
- Develop a strategic plan for the next five years

#### THE ROLE OF PRAYER

- Some Episcopalians need to learn to pray
- There is power in prayer
- The BCP can help us to pray
- The Bible teaches us to pray
- Refer to handout

#### QUESTION

What would you miss if you arrived at St. Titus today and the Church was gone?

- Connection
- Family
- Music
- Fellowship

#### SWEEPS APPROACH CHURCH GROWTH

- SWEEPS - Service, Worship, Education, Evangelism, Pastoral Care, and Stewardship
- Every member of the vestry is assigned an area of the sweeps (Refer to handout)

#### DUTIES / RESPONSIBILITIES / EXPECTATIONS OF VESTRY MEMBERS TOWARDS CONGREGATIONAL VITALITY

- Senior warden works with clergy
- Junior warden works with people and facility

- Treasurer works with the finances of the church
- The clerk records minutes and documents
- Fr. Sintim informed the vestry that he does not deal with the finances of the church, he asked the senior warden how we doing.

#### MUTUAL MINISTRY REVIEW

- The mutual ministry focused on the following four areas
- Direct - looks at the direction God is calling us to go
- Coach - coach each other to prepare for a new leader
- Support - Support each other, including the new rector - listen, respect each other
- Delegate - calling a new leader is much work
- Fr. Sintim informed the vestry that they are not ready to call a new rector to St. Titus
- He asks them to work on their vision and mission statement
- He informed the vestry that the wardens and treasurer should meet and review the financials prior to each vestry meeting
- Fr. Sintim encouraged the vestry to ask the diocese for an extension

#### GROUP DISCUSSIONS

- done as a group during the workshop

#### WHERE DO WE GO FROM HERE-PLAN OF

#### ACTION

- The vestry will continue the sweep work using the handout

#### QUESTIONS/ ANY OTHER CONCERNS

#### CLOSING PRAYER - Fr. Sintim

- Rev. Alicia Alexis took minutes





# Happenings Around the Parish



*Henry Kennelley first sermon*



*Yvette Matthews participated in World Transplant games in Australia*



*Showing off their eggs*



*Ready for Easter Egg Hunt.*



*Ready for the hunt*







## Rector Search



**The Rector Search Committee wrote the Office of Transmission Profile (OTM Profile) and entered it into the Episcopal Church's OTM Profile Database for all candidates to view.**

### Gifts We Seek

The members of St Titus' have recently completed the process of gathering data from the congregation regarding leadership and the needs of the church. It appears that it is important for a leader, as well as the leadership team, to have a listening attitude, a transparent administration, an authentic personality, a spiritually God-centered approach, a willingness to reach out to the surrounding community, an interest in building the youth and developing young adult programs, and an open mind to new and innovative ideas. The perception pertaining to skills-based requirements should be obvious in the person's resume and documented based on their experiences. It is essential that a thorough vetting process is completed. Because St. Titus' is a unique and historically Black church, with a great tradition of acceptance, it is critical that the leaders have an appreciation for various cultures, particularly the black culture. The church has grown and has a diverse community, which is a blessing; however, it has been voiced that the church remains relevant and addresses issues that embrace the experiences and traditions of the church.

The Rector Search Committee met with Canon Massey and agreed to extend the end date for the St. Titus' profile to May 15th. All applicants will be sent by the Diocese to the committee for review on May 16th. While we are waiting, the committee will begin to compile a list of interview questions for our upcoming Zoom and in-person interviews. Please pray that the Holy Spirit will continue to guide our group and lead us to a new priest for St. Titus' The Rector Search Committee met with Canon Massey and agreed to extend the end date for the St. Titus' profile to May 15th. All applicants will be sent by the Diocese to the committee for review on May 16th. While we are waiting, the committee will begin to compile a list of interview questions for our upcoming Zoom and in-person interviews. Please pray that the Holy Spirit will continue to guide our group and lead us to a new priest for St. Titus'.



Dear St Titus' Episcopal Church,

We appreciate your generous sponsorship of \$1,000 for the NC Central University First Lady's Annual Tea on April 1, 2023. Your investment supports The Ladies Soaring To Eagle Promise Mentoring Program, and we are delighted by your participation!

It is our goal that this program will continue to provide opportunities that will assist female students with the necessary skills to enhance their academic ability to reach their full potential in the workforce.

Thank you very much!

Sincerely,  
Ladies Soaring To Eagle Promise

Ridge, David



#### COMMUNICATIONS COMMITTEE

As we prepare for the coming of a new rector, we would like to have an updated database of St. Titus' parishioners that contains current, accurate information. We need your participation to make this happen.

Please provide the following information for each person in your household or family: name, address, phone number(s), email, birthday, anniversary if applicable. At this stage, the information will be for St. Titus' internal use only so will be kept confidential.

There are several ways you can submit your information :

1. Send it in an email to the parish administrator at [st.titussecretary@gmail.com](mailto:st.titussecretary@gmail.com).
2. Mail it to the church office at 400 Moline St., Durham, NC 27707.
3. Fill out the information when you come to church on Sunday (forms will be available).
4. Click on this link to fill out the information and submit it to us online: [Parishioner Database](#)

Thank you for your help in this important project.



### JOIN US MEMORIAL SUNDAY WEEKEND AT CHESTNUT CHAPEL

Mark your calendars! Rev. Alicia Alexis (to preach), Deacon Sarah (to serve), and the good people of St. Titus' are invited to come to Chestnut Chapel at Topsail Island for Memorial Sunday Weekend Service, May 28, 2023. The service will begin at 11:00 am. All are welcome to attend!

It has been St. Titus' custom for the rector and parishioners to be a part of these annual services, with opportunities for beach events. The Wade H. Chestnut Memorial Chapel is an Episcopal Chapel in North Topsail Beach, NC of the Diocese of East North Carolina. The Chapel was built in 1957 in the historic Ocean City Community which dates back to 1949.

***If you are interested in attending, please sign up on the signup sheet on the bulletin board in the narthex.*** You may also contact Rev. Alicia, or email Marguerite Peebles at: [peeblesmarguerite@bellsouth.net](mailto:peeblesmarguerite@bellsouth.net). (Note that there is no "e" on the end of Marguerite's name in her email address.) of Chestnut Chapel is 2649 Island Dr, North Topsail Beach, NC 28460.

#### **Lectors needed for Sunday worship!**

Please volunteer to serve as a lector at either the 8:30AM or 10:30AM services. Deacon Sarah will conduct training for all Lectors and those who wish to begin this ministry on Sundays at 9:45 am. and again after the 10:30 am. service. If you need to meet with Sarah at another time, she will be glad to schedule you individually.

#### **Evening Prayer - UPDATE**

During Covid when we could not pray together, we offered Evening Prayer on Zoom and Facebook. As the effects of the pandemic have subsided, we decided to discontinue offering this online service due to lack of participation. If you are interested in leading Evening Prayer on Wednesday evening in-person at St. Titus', please let us know. We can discuss your interest and provide training.

#### **The Titusian News Digest**

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